



December 10, 1998

Office of Special Nutritional
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration.
200 c St. Sw
Washington DC 20204

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Statement of Nutritional Support - **VITAMIN C CHEWABLE**
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as: VITAMIN C CHEWABLE

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr. Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:

"vitamin C also known as ascorbic acid, is an antioxidant that is required for proper tissue growth and maintenance and adrenal gland function. Vitamin C supports a healthy immune system and blood and tissue functions in the body."

3) Name Of dietary ingredient(s): See Attached Product Label

4) Brand Name: **VITAMIN C CHEWABLE**

5) Substantiation information on file at the company office.
The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

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Chewable Vitamin C

(Ascorbic Acid)

Description:

Vitamin C also known as ascorbic acid, is an antioxidant that is required for proper tissue growth and maintenance and adrenal gland function. Vitamin C supports a healthy immune system and blood and tissue **functions** in the body.

Directions For Use: Take 1 capsule per day
Storage: Keep tightly closed in a cool, dry place
Caution/Warning: As with any supplement, herb or medication, do not use if while pregnant or lactating, or provide it to a child without consulting a physician. Mega-doses can cause diarrhea and skin rashes, and long term mega-doses can cause oxalate and uric acid stone formation.
Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission a prescription of your physician
DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

VITAMIN C
CHEWABLE
DIETARY SUPPLEMENT

Supplement Facts		
Serving Size: 1 Capsule – Servings Per Container: 100		
	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid and calcium ascorbate)	250mg	417%
Citrus bioflavonoids	5mg	100%
Acerola cherry extract 4:1	5mg	100%
Natural lemon flavor	13mg	100%
Fructose/Sorbitol	1400mg	100%
Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide		
● Daily Value not established.		
Vitamin C Chewable is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.		

100 CAPSULES
Premium **Products for Your Health & Wellness™**